

AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

LISTING OF CLAIMS:

1. (previously presented) A method of reducing serum levels of any one or more of the following:

- a) cholesterol;
- b) low density lipoprotein (LDL) cholesterol relative to high density lipoprotein (HDL) cholesterol;
- c) low density lipoprotein (LDL) cholesterol;
- d) very low density lipoprotein (VLDL) cholesterol;
- e) apolipoprotein B; or
- f) triglycerides

in a mammal comprising:

orally administering to said mammal a composition comprising β -casein where the β -casein is comprised of at least 95% β -casein A².

2. (original) A method as claimed in claim 1 where the β -casein is comprised solely of β -casein A².

3. (previously presented) A method for treating any disease or disorder associated with serum total cholesterol levels, low density lipoprotein (LDL) cholesterol levels,

apolipoprotein B levels, or triglyceride levels in a mammal, comprising:

orally administering to said mammal a composition comprising β -casein where the β -casein is comprised of at least 95% β -casein A².

4. (currently amended) A method as claimed in claim 3 where the disease or disorder is selected from the group consisting of hypercholesterolemia, hyperlipidemia, and atherosclerosis.

5. (previously presented) A method as claimed in claim 1 where the composition is a food or food product.

6. (original) A method as claimed in claim 5 where the food or food product is milk or a product containing or processed from milk.

7. (previously presented) A method as claimed in claim 1 where the composition is a dietary supplement.

8. (previously presented) A method as claimed in claim 7 wherein the dietary supplement is ingested for optimizing fitness, weight loss, weight gain, muscle building, and/or muscle repair.

9. (previously presented) A method as claimed in claim 1 where the composition is milk containing β -casein where the β -casein is comprised of at least 95% β -casein A².

10. (original) A method as claimed in claim 9 where the β -casein is comprised solely of β -casein A².

11. (previously presented) A method as claimed in claim 1 where the composition has been formed by adding an amount of β -casein A² sufficient to alter serum cholesterol levels and/or serum triglyceride levels in a human.

12. (previously presented) A method as claimed in claim 1 where the β -casein A² is obtained from the milk of bovine cattle or from the milk of yaks, buffalo, sheep or goats.

13-16. (canceled)

17. (new) A method as claimed in claim 1 where the composition is an aqueous solution, suspension or emulsion.

18. (new) A method as claimed in claim 1 where the composition is a solid in granular or powder form.

19. (new) A method as claimed in claim 3 where the composition an aqueous solution, suspension or emulsion.

20. (new) A method as claimed in claim 3 where the composition a solid in granular or powder form.

21. (new) A method of reducing serum levels of any one or more of the following:

- a) cholesterol;
- b) low density lipoprotein (LDL) cholesterol relative to high density lipoprotein (HDL) cholesterol;
- c) low density lipoprotein (LDL) cholesterol;
- d) very low density lipoprotein (VLDL) cholesterol;
- e) apolipoprotein B; or
- f) triglycerides

in a human comprising:

orally administering to said human a composition comprising β -casein wherein the β -casein is comprised of at least 95% β -casein A², and wherein the composition has been formed by adding an amount of β -casein A² sufficient to alter serum cholesterol levels and/or serum triglyceride levels in the human.

22. (new) A method as claimed in claim 21 where the composition is a food or food product.

23. (new) A method as claimed in claim 22 where the food or food product is milk or a product containing or processed from milk.

24. (new) A method as claimed in claim 21 where the composition is a dietary supplement.